

Kosin Tachat 2009: A Construction of Physical Fitness Test for Male Sepaktakraw Players of Rajabhat University in the North Region Group. Master of Arts (Physical Education), Major Field: Physical Education, Department of Physical Education. Thesis Advisor: Assistant Professor Chanchai Kuntisiri, M.A. 139 pages.

The purpose of this study was to construct and to establish physical fitness test and physical fitness norm for male sepaktakraw players of Rajabhat University in the north region. Population were 83 male sepaktakraw players from 8 universities in the north which participated in the 36th Thailand University Games.

The research instrument was the physical fitness tests for sepaktakraw players in colleges which was designed by researcher. It was consisted of 7 items: - 1) vertical jump touching the wall, 2) put takraw into the box, 3) spreading two – leg lateral, 4) sit – up 30 seconds, 5) 50 – metre run, 6) shuttle – run, and 7) 2,000 metre run. The content validity of each item was approved by 5 experts. The index of congruence of the physical fitness were 1.00, 0.80, 0.60, 1.00, 0.80, 1.00, and 0.80 respectively. The reliability of the test were tried – out from 20 sepaktakraw in the college. The Pearson correlation coefficient of the test were 0.93, 0.85, 0.93, 0.80, 0.84, 0.89 and 0.83 respectively, meanwhile the objectivity were 1.00, 0.97, 1.00, 1.00, 0.94, 1.00 and 1.00 respectively. Physical fitness norms of each test item for male sepaktakraw players of Rajabhat University in the north region group were established by normal curve, and then physical level for each item was divided into 5 categories: superior, good, fair, poor and inferior. The mean (\bar{X}) of vertical jump touching the wall, put takraw into the box, spreading two-leg lateral, sit-up 30 seconds, 50 metre run, shuttle-run and 2,000 metre run were 59.92 centimetres, 1.39 seconds, 100.27 centimetres, 30.21 times, 7.17 seconds, 43.34 metres, and 14.26 minutes respectively.

It can be concluded that the physical fitness test possessed application to male sepaktakraw players of Rajabhat University in the north region group.

Student's signature

Thesis Advisor's signature